

Health prevention in a Norwegian school

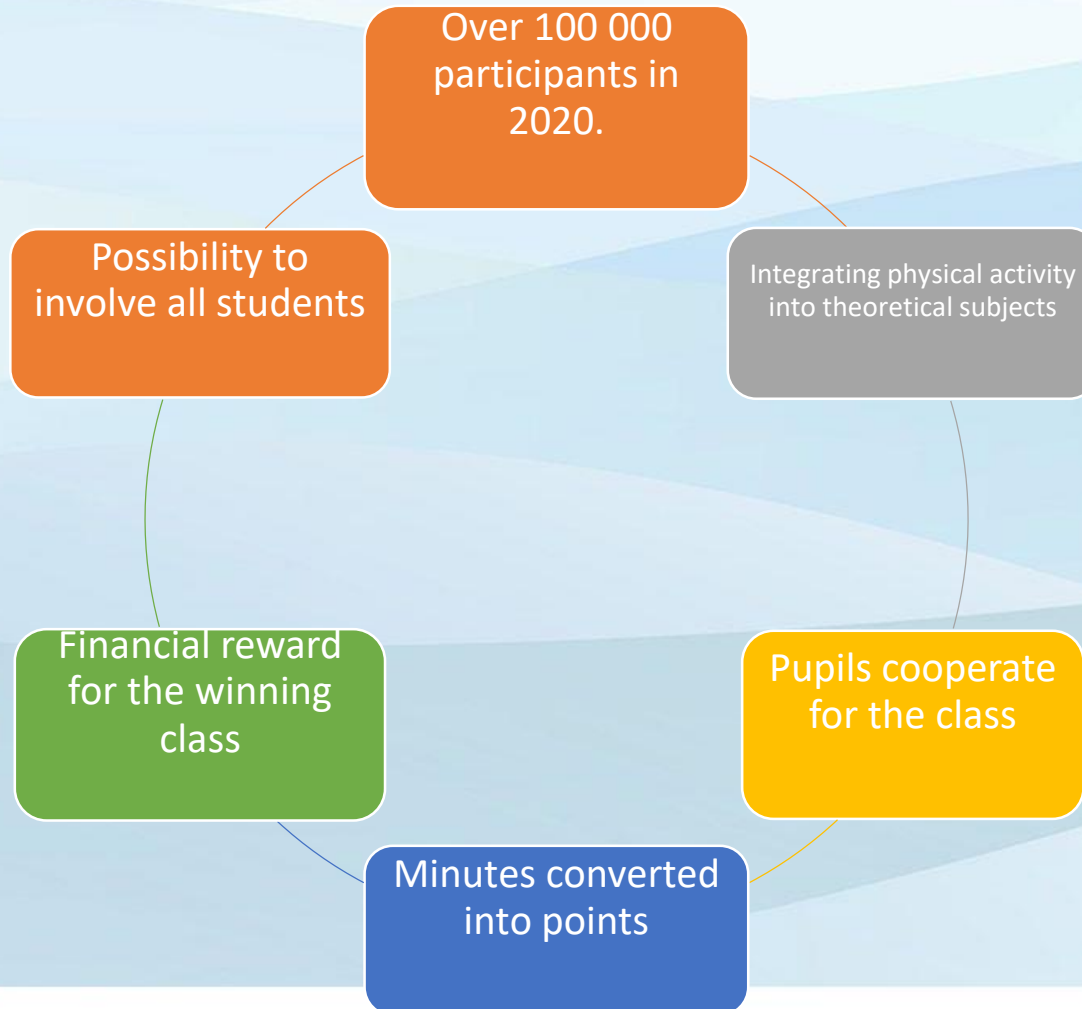
**Elimination of health risks to children
and teenagers in the context of the
diseases of civilisation**

Hopp for hjertet



- The aim of the action is to inspire to increased physical activity in school.
- Children from grades 4-7 compete in skipping
- Every year the action lasts 1-2 weeks.
- Children record how much time they have skipped during school breaks or lessons, up to 60 minutes per day.
- <https://www.hoppforhjertet.no/home/index.rails?pid=52285>
- <https://nasjonalforeningen.no/tilbud/tilbud-til-skoler/hopp-for-hjertet/>

Hopp for hjertet



Physical activity on the way to school helpful tips for schools



- Organise hiking and cycling groups.
- Offer cycling courses for pupils and parents to teach them traffic rules and cycling skills.
- Ensure good cloakroom conditions so that students can store and dry wet clothes.
- Make sure that the pupils' bicycle park
- Work with the school parenting committee to secure the path to school.
- Inform and distribute maps of marked cycling routes at the first autumn meeting with parents.
- Work with the parental committee to involve students in road patrols to help ensure safe passageways.
- Organise inter-class competitions.

<https://mhfa.no/fysisk-aktivitet-i-skolen>

Physical activity on the way to school helpful tips for schools and parents

- Parents in a class can organise a group for children living in the vicinity and determine which parent will accompany the children on their way to school on each particular day.
- School councils, class parents' boards (president, deputy president, treasurer) and teachers can help to implement such solutions and create natural groups based on the children's place of residence.
- The first 'stop' and the place where all the children in the group will gather at a certain time should be established.
- It is possible to establish a number of "stops" where children stand and wait at fixed times and are taken by the group on their way to school.
- One or two adults can pick up the children from school at the end of the lesson and take them to the "stops" one by one.
- If children finish their lessons at different times, the contract can only apply on the way to school.

Beintøft



- A nationwide school-oriented campaign to encourage students to walk, cycle or use public transport to and from school.
- A competition lasting several weeks and involving classes from primary schools.
- It promotes physical activity and environmental protection.
- The teacher records on beintøft.no, preferably every day of the action, how many pupils made their way to school on foot, by bicycle or on public transport.
- The winning class receives NOK 30 000.

<https://www.beintoft.no/om-beintoft/>

Fotspor



- Fotspor is a programme that combines learning with physical activity.
- It allows you to create your own tours, which can be shared with others in the form of applications.
- It allows you to explore and exploit the local environment using digital traces.
- It uses GPS.

<https://mhfa.no/fotspor>

Ipad for every pupil

